CERTIFICATE OF MAILING BY "EXPRESS MAIL" (37 CFR 1.10) Applicant(s): Forrest B. Phillips			Docket No. 1877
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Invention: Sliding Exerc	ise Apparatus And Recreation I		
I hereby certify that the following correspondence:		JUL 2 0 2004	
Amendment	(Identify type	TECHNO	LOGY CENTER 3700
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		Donald Diamon (Typed or Printed Name of Person Mail Donald Llamon (Signature of Person Mailing Co EJ721741744U ("Express Mail" Mailing Lab	ing Correspondence) rrespondence)

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IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Inventor: Forrest B. Phillips

Art Unit: 3764 Serial No.: 09/637,266

Filed: December 7, 2000 Examiner: J.W. Donnelly

For: Sliding Exercise Apparatus and Recreational Device

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Napa, California 94559

REPLY TO OFFICE ACTION OF JANUARY 20, 2004

Commissioner for Patents Alexandria, VA 22313-1450

RECEIVED JUL 20 2004

TECHNOLOGY CENTER 3700

Dear Sirs:

Forrest B. Phillips, inventor of the above-identified application and referred to herein as Applicant, hereby replies under 37 CFR 1.111 to the Office action mailed January 20, 2004 as follows:

Amendments to the Specification begin on page 3 of this paper.

Amendments to the Claims are reflected in the listing of claims which begins on page 28 of this paper.

Amendments to the Drawings begin on page 36 of this paper and include both an attached replacement sheet and an annotated sheet showing changes.

Amendment to the Abstract begins on page 37 of this paper.

Remarks/Arguments begin on page 38 of this paper.

An Appendix including amended drawing figures is attached following page 40 of this paper.